



Lifestyle Upgrades for Improved Resilience

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Hyperarousal:
Anxiety, panic,
restlessness,
irritability, rage

Window of Tolerance

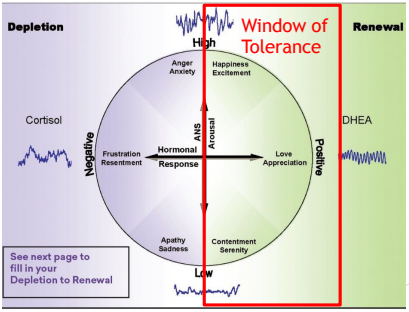
Hypoarousal:
Lethargic, numb,
helpless, shutdown,
disconnected,
depressed

Sympathetic Nervous System
“fight or flight”

Ventral Parasympathetic Nervous System
“rest and digest”

Dorsal Parasympathetic Nervous System
“Freeze”

2



Depletion

Renewal

High

Low

Window of Tolerance

Cortisol

DHEA

Negative

Positive

Frustration
Resentment
Apathy
Indifference

Love
Appreciation
Contentment
Serenity

Anger
Anxiety
Happiness
Excitement

Hormonal Response

ANS/Parasympathetic

See next page to fill in your Depletion to Renewal

3

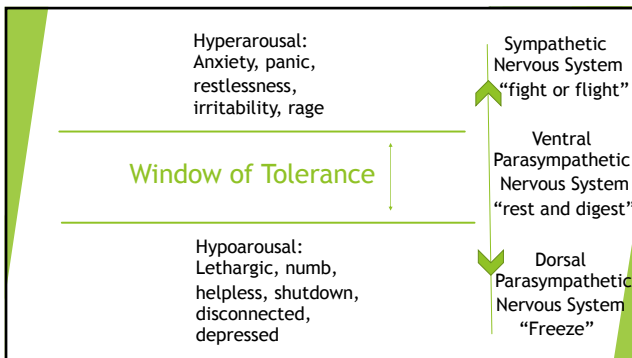
Awareness and Reflection

- Mood
- Sleep
- Eating habits
- Social media use
- Social interactions
- Movement
- Physical sensations
- Thought pattern
- Emotions


4

What can widen our window and/or bring us back?

5




6



- ▶ Slow your rate of breathing (6 breaths per minute)
- ▶ Prolongation of the exhale
- ▶ 4-7-8
- ▶ Box breathing (4-4-4-4)
- ▶ Physiologic sigh
- ▶ Combining breath with imagery
- ▶ Combining breath with movement

7

Nutrition



- ▶ Maintain steady blood sugars
- ▶ Avoid or Limit Caffeine
- ▶ Avoid or Limit Alcohol
- ▶ Fasting

8



Move Your Body

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